

MILWAUKEE COUNTY SENIOR DINING

UNITED COMMUNITY CENTER

730 W. WASHINGTON STREET

MARCH





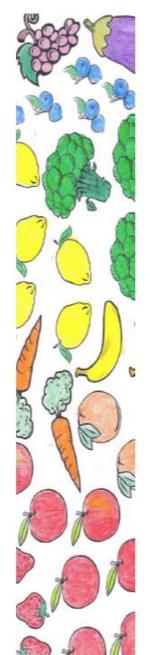
MONDAY	TUESDAY	\M	EDNESDAY	T	THILDCDAY	EDIDAY	CATUDDAY	OLINID AV	
MONDAT	IOLODAI	V V	EDINEODAT		THURSDAY	FRIDAY	SATURDAY	SUNDAY	
12.00		NCH			facebook	Tomato Soup 1	Soft Beef Tacos	Pork with Zucchini 3	
12:0 (U LU			Tacebook.		Baked Chicken	Mexican Rice	Brown Rice	
DECEDIVATION	IC DECUIDED	Se sugiere \$	3.00 de donación	•	Suggested	Steamed Red Potatoes	Refried Beans	Bread	
RESERVATION 9:30-12:00	ON HOUR NOTICE		por cada comida		Contribution	Buttered Steamed Broccoli	Lettuce & Tomato Salad	Orange Juice	
9:30-12:00			a reservar su almuerzo		: 1	Dinner Roll	Watermelon	Fruit Cocktail	
M 049-2007		favor de llamar al 649-2807		_	UEST: \$8.00	Mixed Fruit	Cookie	Cookie	
Bistec Encebollado 4	Chicken Fajitas		EDNESDAY	6	Sweet & Sour Pork 7		Chipotle Meatballs	9 Cream of Potato Soup	
White Rice	Mexican Rice	Cream	of Broccoli Soup		Rice w/Vegetables	Steamed Red Potatoes	Mexican Rice	Beef & Cheese Tostada	
Beans	Refried Beans		Lasagna		Spinach & Tomato Salad	Creamy Coleslaw	Green Salad	Lettuce	
Steamed Carrots	Sautéed Vegetables	Sweet 0			Salad Dressing	Dinner Roll	w/Dressing	Chopped Tomatoes	
Whole Grain Bread	Tortilla	Dinner F	Roll		Dinner Roll	Pineapple Tidbits	Tortilla	Mexican Rice	
Sliced Peaches	Diced Pears	Mandar	in Oranges		Fresh Banana	Cookie	Fruit Juice	Salsa	
							Fresh Orange	Sliced Peaches	
Chicken Paella 11	Minestrone Soup	12 Macaro	ni with Meat	13	Teriyaki Chicken Leg/Thigh14	Cheese Enchiladas 15	Garlic Chicken 1	6 ST. PATRICK'S DAY 1	
v/Vegetables	Pork Chop Suey	Spinach	n Salad		Chinese Fried Rice	Mexican Rice	Brown Rice	Baked Corned Beef Brisket	
Potato Salad	Brown Rice	Mixed V	/egetables		Oriental Sugar Snap Pea Blend	Refried Beans	Steamed Broccoli	Mashed Potatoes	
Green Salad w/Dressing	Peas and Carrots	Breadst	ick		Parsley Buttered Carrots	Lettuce and Tomato	& Cauliflower	Red Cabbage Slaw	
Wheat Bread	Bread	Apple J	uice		Dinner Roll	Chilled Apricots	Green Salad	Mixed Fruit	
Fresh Fruit	Pineapple Tidbits	Applesa	auce		Fresh Apple	Apple Pie	Wheat Bread	Rye Bread	
Cookie							Diced Pears	Cookie	
Chicken Stew 18	Barbacoa	19 Vegetal	ole Soup	20	Roast Pork 21	Soft Fish Tacos 22	BBQ Boneless Pork Rib 2	Chicken Salad Sandwich 2	
v/Carrots & Potatoes	Mexican Rice	Chicker	n Parmesan		Mashed Sweet Potato	Mexican Rice	Mac & Cheese	Rainbow Pasta Salad	
Brown Rice	Refried Beans	Garlic B	Suttered Penne Past	ta	Spinach Salad	Beans	Baked Beans	w/Onion, Tomato,	
Fresh Salad	Buttered Corn	Herb-Ma	arinated		Wheat Roll	Shredded Lettuce & Tomato	Pineapple Juice	Bell Pepper & Cilantro	
Fresh Cantaloupe	Corn Tortilla	Tomato	Salad		Diced Apricots	Fresh Watermelon	Whole Grain Dinner Roll	Wisconsin Vegetables	
Cookie	Fresh Banana	Wheat E	Bread			Cookie	Sliced Peaches	Mandarin Oranges	
		Diced P	ears					Cookie	
Glazed Ham Slice 25	Steak Fajitas	26 Chicker	Stir-Fry 2	27	Cream of Broccoli Soup 28	Swiss Broccoli Pasta 29	Chicken Marsala 3	Whole Grain Spaghetti 3	
Baked Sweet Potato	Brown Rice	w/Caulit	flower		Pub Burger	Quinoa Salad w/Black Beans	Baked Potato	Meatballs	
Mixed Vegetables	Beans	White R	tice		Sautéed Onions	Onion, Tomato & Cilantro	Sour Cream	Spinach Salad	
Wheat Bread	Sautéed Red Peppers	Wheat E	Bread		Whole Wheat Bun	Breadstick	Italian Vegetable Blend	Grape Juice	
Fresh Orange	Corn Tortilla	Fruit Jui	ice		Mashed Potatoes	Fresh Fruit	Wheat Bread	Italian Bread	
Cookie	Mixed Fruit	Fruit Co	ocktail		Chilled Peaches	Birthday Cake	Pineapple Tidbits	Fruit Cocktail	
						•			

1. Almond 2. Basil

4. Dill 5. Eggs 6. Feta 7. Gumbo 8. Ham 9. Jicama 10. Kiwi 11. Lobster 12. Mushroom 13. Nutmeg 14. Okra 15. Paprika 16. Quinoa 17. Radish 18. Swiss Cheese 19. Tomatillo 20. Vanilla 21. Wasabi 22. Yam 23. Zucchini

3. Cauliflower





Word Search for Adults

NATIONAL NUTRITION MONTH

MARCH 2019

#NationalNutritionMonth

www.eatright.org

Words may be horizontal, vertical, diagonal, or backwards.

Α	N	Y	Α	M	Α	1	N	1	Н	C	C	U	Z	Α	P
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From The Academy of Nutrition and Dietetics

https://www.eatright.org/food/resources/national-nutrition-month